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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE !

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MEAT STRETCHER MENUS AND RECIPES

Many industrial plants are simplifying their menus. They are turning from a long a la carte menu to a victory lunch with no more than two, or possibly three, choices of entree. And because of this they are finding it possible to have a greater day to day variety on their menu. As a result there is less complaint of monotony from the workers. It is also possible to serve more people in less time. Below are some suggested menu patterns and meat extender recipes:

Chicken Rice Soup
Salmon Loaf - Egg Sauce
or
Vegetable & Meat Pie Biscuit Topping
Boiled Navy Beans
Tossed Green Salad
Dark or Enriched Bread or Rolls
Fruit Cobbler
Milk Coffee

Scotch Broth
Baked Lima Beans with Salt Pork
or
Creamed Codfish with Potato on Toast
Harvard Beets
Carrot and Raisin Salad
Dark Enriched Bread or Rolls
Jello
Milk Coffee

Minnestroma Soup
Lamb and Beef Patties
or
Eggs a la King on Rice
Baked Potato
Braised Celery & Carrots
Lettuce & Choice of Dressing
Dark or Enriched Bread or Roll
Chocolate Cake Squares
Milk Coffee

Split Pea Soup
Meatless Meat Loaf
or
Browned Liver and Onions
Mashed Potatoes
Mixed Vegetables(carrots,beans,
corn) Cole Slaw
Dark or Enriched Bread or Rolls
Grapenuts Custard
Milk Coffee

(over)

MEATLESS MEAT LOAF

	S e r v i n g s f o r		
	20	50	100
Fat or cooking oil	4-1/2 oz.	11 oz.	1 lb. 6 oz.
Celery	10 oz.	1-3/4 lbs.	3-1/2 lbs.
Onions	12 oz.	2 lbs.	3-3/4 lbs.
Commercial Meat stock concentrate	1-1/2 oz.	3-3/4 oz.	7-1/2 oz.
Walnuts	12 oz.	2 lbs.	3-3/4 lbs.
Freshly cooked potatoes	12 oz.	2 lbs.	3-3/4 lbs.
Bread Crumbs	3 oz.	1/2 lbs.	1 lb.
Whole Wheat Flour	9 oz.	1 lb. 6 oz.	2-3/4 lbs.
Salt	3/4 oz.	2 oz.	3-3/4 oz.
Pepper	1/4 tsp.	* 1/2 tsp.	1-1/4 tsp.
Thyme	1/4 tsp.	* 1/2 tsp.	1-1/4 tsp.
Eggs	6	15	30
Special meat stock sauce	1-1/4 qts.		

Chop celery, onions and walnuts in food chopper, keeping walnuts separate. Rub cooked potatoes through a strainer while hot. Melt shortening in saucepan; add celery and onions and cover saute from 10 to 15 minutes until tender; do not allow to brown. Remove from fire and add meatstock concentrate, walnuts, potatoes, bread crumbs, flour, seasoning and slightly beaten eggs and mix thoroughly.

Place in well greased and floured rectangular baking pans and bake in moderate oven for about one-half hour. Remove from pan and cut across loaf into slices weighing one and one-half ounces each. Serve two slices.

* plus

SPECIAL MEAT STOCK SAUCE

	S e r v i n g s f o r		
	20	50	100
Celery Chopped fine	3 oz.	7 oz.	14 oz.
Onion chopped fine	3 oz.	7 oz.	14 oz.
Shortening	3 oz.	7 oz.	14 oz.
Flour	2 oz.	5-1/2 oz.	11 oz.
Hot Water	1 qt.	2-1/2 qts.	5 qts.
Meat stock concentrate	3/4 oz.	2 oz.	4 oz.
Salt	2 tsp.	4-1/2 tsp.	3 tbsps.
Pepper	1/2 tsp.	1 tsp.	2 tsp.
Thyme	3/4 tsp.	1-3/4 tsp.	1 tbsps.

Make as for cream sauce adding stock concentrate. Cook well and strain.

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